

KITCHEN IS DIGNIFIED IN MARCH OF WAR EVENTS—NEW "HOME" IMPETUS—FASHION HINT

NOTION OF OUR HOUSEWORK BROKEN BY NATIONAL DEMANDS

The Cook Has Become an Important Personage—Courtied by Dignitaries of State, Her Task Takes on Interest

WAS in the Red Cross room and every one stopped to listen. "There's my daughter Emily," said the speaker. "She's just naturally a cook. She never knew where the money went until the talk began about economizing and then she started to keep accounts. The child was perfectly astonished to find out how much went out every week for meat. It was different with Sam's wife. At home they lived much on the delicatessen store. She began to study the war menus and how it opened her eyes to the possibilities of plain cooking.

"Dave's wife is all for books. She never cared for housekeeping at all. But since reading about the relative value of foods her attitude has changed completely. It is a picnic to hear her fling out the calories for every meal. I never knew that cooking was so interesting," she confessed to me. Minnie discovered that the reason the twins are so sickly is that they've been getting too much starch. And my sister's daughter, Marjorie, actually found that the cook had been robbing them."

DOES any of this sound familiar to you? It is just such things that war of ours is doing. War has a decided faculty for turning things upside down, and one of the marvelous things it has done is to dignify the unpretending kitchen.

Bridget, with her arms up to the elbows in dishwater, suddenly becomes an important personage. She is courted by the dignitaries of state and her humble task assumed national proportions. Is it any wonder that such sudden importance should affect every housewife with new life and impetus?

THE war is doing more than anything else to popularize domestic science. The average housewife rarely



Yvettes This lady has disguised everything but the fact that she doesn't mean to catch cold these wintry days—and she's made a splendid retreat behind a fur collar and under a scalloped hat.

realizes what a great mass of interesting data there is upon the value of different foods and of how practical a nature this information is. The organization that is being wrought in one department of household management affects every phase of home life. Under ordinary conditions there is nothing duller than kitchen work. For the first time the monotony is broken by the impetus of a national demand. Many a woman before tempted to slight her housework as disagreeable is finding new idealization thrown upon her task by the present situation. In such times as these every one wants to do something big and heroic. Big things are in the air. Even the kitchen is not passed by in the march of events. M. G.

THE WOMAN'S EXCHANGE

Letters and questions submitted in this department will be written on one side of the paper only and signed with the name of the contributor. It is understood that the editor will not be held responsible for the return of any articles. THE WOMAN'S EXCHANGE, Evening Edition.

TODAY'S INQUIRIES 1. When marmosine has cured, what will make it smooth again? 2. How can the cheaper grades of tea be given the flavor of the better grades? 3. What is the cheapest food on the market, rated to the amount of nourishment contained in it?

ANSWERS TO YESTERDAY'S INQUIRIES 1. French housewives use the thick yellow layers of chicken fat many of our women throw away as the finest of shortening for puff and pie paste. 2. One may test the quality of flour by squeezing it in the hand. If it is good, it boxes its shape. 3. A small plain wooden chair can be made into an attractive piece of nursery furniture by enameling it white and pasting motifs of ermine on the back of it.

Has Any One Books to Spare? To the Editor of Woman's Page: Dear Madam—I am an interested reader of the letters under your department, and I thought I'd write you. I am fond of reading, and I have a number of books, some of which I have four children under ten years of age. I have four children under ten years of age. I have four children under ten years of age. I have four children under ten years of age.

To Get Rid of Blackheads To the Editor of Woman's Page: Dear Madam—I read your column with interest. Will you help me? For the last few years I have had blackheads on my nose, and I have tried every remedy, but none has been effective. I will appreciate and sincerely thank you for anything you suggest. M. G.

Work in Decorator's Shop To the Editor of Woman's Page: Dear Madam—About a month ago I wrote you for advice for my daughter. I was going to give her a few dollars and let her go to college. Now she is in college and she is very interested in her work. I am very interested in her work. I am very interested in her work. I am very interested in her work.

Perplexed Girls To the Editor of Woman's Page: Dear Madam—We are two young girls of fifteen and twenty. We met two young men last week. They were very nice and they were very nice. They were very nice and they were very nice. They were very nice and they were very nice.

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PATSY KILDARE By JUDD MORTIMER LEWIS

A Business Transaction I SLEPT fine last night, having enjoyed yesterday so much. I guess Thomas Aristides Brown's father will not monkey with us any more after what he got. So when I woke I kissed Rowdy and hugged him for a while, which pleased him very much. After breakfast, while I was waiting for Levy and the other boys, Thomas Aristides Brown, without making us call for him, which was very thoughtful of Thomas, but of course being thoughtful does not mean he is a middle name.

On the way to school I asked him why he hollered his head off for the burglar not to hurt his father, and he got red and said he did not know, but he felt sure the burglar would hurt his father that he did that his father would take him back home and wallop him again and make holes all over his back with bullets. You'd say that was funny and he said he thought so, too, which shows that he has got sense about some things. Then we got to school and before we went in I heard one of the girls tell Imogene's mother that Imogene had got the mumps, whatever they are, so I guess I won't get a chance to land on Imogene right away. My teacher scolded me for not keeping my eyes on my book and I told her that I did not need to, for I had my lesson better than any one else in the room already. She said she doubted it, but she would ask me a few questions and see if I could answer them, and she did and I could. So she said I might be excused from school until after recess.

Rowdy and I rambled to Thomas Aristides Brown's mother's house and the lady next door saw me coming and said, "Aren't you the little girl who ran away with Thomas?" I said, "Yes, ma'am." She said, "You'd better look out for Thomas's father. He has got a bad name." I said, "What is his name?" She said, "Thomas Brown." I said, "Is that all of it?" She said, "Yes, ma'am." I said, "What is his bad name?" She said, "Thomas Aristides Brown's middle name is worse than all his father's name." She laughed and said, "I guess he is a bad man." I said, "I know it, but he is not as bad as he was yesterday before my burglar beat his head off." Then I told her all about it and she was very much pleased.

I would have liked to see Thomas's father at home and she said he was not, so I went in and called on Thomas's mother, who is a skinny woman with a fat baby and a scared-looking face. She was very glad to see me and asked me how Thomas was getting along. I said, "Fine." She said she was glad of it and that she was not going to put up with Thomas's father any longer and if he thought she was as bad as he was yesterday before my burglar beat his head off. Then I told her all about it and she was very much pleased.

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IN THE MOMENT'S MODES Tobacco-Brown Broadcloth Frock, Braid Trimmed

It is important in every case of tuberculosis or in cases suspected of having the disease not to lose one's head, but rather to let Nature have a chance to operate. For, in many cases, even in fairly advanced cases, the patient can be restored to a life of comfort and even usefulness, while often in so-called incurable cases the life of the patient may be prolonged for years.

This is due entirely to the fact that the disease processes themselves, as modified by Nature's great fight for preservation in the body itself, tend toward recovery. If the patient's body really heals itself in every case in which there is recovery from tuberculosis. The recognition of this fact is of fundamental importance, as the success of our modern methods of treatment depends upon it. The truth of this is confirmed not only by the great percentage of successful cures effected by natural methods, but also by the fact that mortem examination already referred to, which shows that this self-cure, or spontaneous cure, of tuberculosis occurs in most persons without their ever knowing it.

The processes whereby spontaneous cure is effected are extremely interesting, although complicated, and not yet completely understood. Briefly stated, these processes seem to proceed toward two ends: first, the destruction or imprisonment of the invading germs; and second, the development of an immunity which will enable the body to tolerate the germs or destroy them by their harmfulness. When tubercles are being formed in the lungs the white cells, with the help of other agencies, are vigorously fighting the tubercle bacilli. By causing a scab about the germs the white cells endeavor to shut them off from the rest of the body and often succeed in encapsulating or bottling them up completely, so that they remain permanently imprisoned and can do no further harm.

All efforts to cure tuberculosis must rely chiefly upon the natural process of recovery. Inasmuch as the patient can aid toward ultimate recovery is to aid this process in every possible way by building up the vital resistance and removing all hindrances. In a task of

COMMUNITY SINGERS GIVE FINE CONCERT Great Chorus, Supplemented by Audience, Attains Inspiring Results

The community song festival given last evening in the Academy of Music by the Philadelphia Community Singers, a group of about 100 voices, was a most successful demonstration of the value and interest in this revival of the old-fashioned "singin' school." To be sure, the old red schoolhouse on the hill is no longer available, but the spirit of music is still alive. The "chorus" of a thousand voices proved to the satisfaction of many who thought that the olden simple pleasures had not been superceded by the movies and other "modernities."

The leader, Albert N. Hoxie, was assisted by Percy Henius, the sterling baritone, an soloist, by members of the Philadelphia Orchestra, for the chorus accompaniment and by a group of singing sailors and marines from League Island, where he is the song leader. Allied with him in the training of the neighborhood chorus bodies, which the great chorus is composed, are Anne McDonough, Andrew S. Haines and Grace Welsh-Piper as associate directors. Last night's concert was given for the benefit of the building fund of the new Children's Hospital. The program was as follows:

"The Star Spangled Banner".....Key Chorus "America, My America".....Eldar Chorus "America's Song".....Chorus and Orchestra "Hear Me, Ye Winds of Heaven".....Handel Chorus and Orchestra "Columbia the Gem of the Ocean".....Shaw Chorus and Orchestra "Battle Hymn of the Republic".....Howe Chorus and Orchestra "Keep the Home Fires Burning".....Kelly Chorus and Orchestra "We'll Never Let the Old Flag Fall".....Novello Chorus and Orchestra "O' Columbia, O' Mother of the Brave".....Fisher Chorus and Orchestra "Ballet Excerpt".....A. Ljungvall Chorus and Orchestra "The Moon Drops Low".....Cadmian Chorus and Orchestra "The Rose Tree".....Schneider Chorus and Orchestra "Danny Deever".....Damrosch Chorus and Orchestra

Folk Songs: "The Fair at Home".....Chorus "Carry Me Back to Old Virginia".....Chorus "Old Black Joe".....Chorus "Hallelujah Chorus".....Handel Chorus and Orchestra "The Land of the Living".....Handel Chorus and Orchestra

These familiar and patriotic numbers the vocalists rendered with fluency, ample volume, and fine tonal balance. The audience, at first a bit reluctant to enter its untrained voices, soon got into the life of the thing and its enthusiastic participation later was enthusiastic. The observer could notice before the last group of folk songs how much the volunteer singers had improved in their singing. It was gratifying to see the performance in the quality of rare spirituality. A church seems the eminently appropriate place for the exhibition of his art. This lofty feeling is especially notable in the Brahms "Choral Preludes." His virtuosity with pedals and stops and keys was evidenced in monumental scope and power in the last "Fantasia and Fugue on the Choral 'Ad Non' Ad Salutem Undam' and the Schumann canon and fugue on the notes B-A-C-H.

Monsieur Bonnet will conclude his series of four programs, telling illustratively the story of organ music from the early composer to the present time, at St. James' Church next Wednesday with a program selected from the enormous organ literature of the modern composers. W. R. M.

TOMORROW'S WAR MENU BREAKFAST Baked Apples Oatmeal and Cream Shredded Eggs Coffee LUNCHEON Cheese Souffle Lettuce Toasted Crackers Sliced Bananas DINNER "Clam Chowder" Tuna-Potato Soup Spinach Pepper Hash Baked Indian Pudding TUNA-POTATO SCALLOP One-pound can tuna fish, one quart potatoes (prepared), one medium-sized onion, flour, one-quarter cupful butter, salt, pepper, paprika, milk (about one pint). Break tuna fish into flakes, cut potatoes into longwise quarters and slice thin; crosswise. Mince the onion and cover the bottom of the buttered baking-dish with one-third of the potatoes. Cover this with one-third of the tuna fish and one-third of the onion; add pepper, salt and a sprinkling of flour. Repeat until three layers are complete. Lay over all this slices of butter and fill to the top of the contents with rich milk. Bake for an hour or until potatoes are tender and the top nicely browned. Serve in the baking dish.—Good Housekeeping.

THE CHEERFUL CHERUB First up, then down, my life flows on, And now it's common, now sublime. It has a rhythmic feeling though Like riding on the waves of Time.

Some Breakfast, Mother You'll hear that cheery call after the first mouthful tomorrow—if you will give him Cream of Barley It is not a mere excuse for cream and sugar. It is real food—because it is made by a wonderful new process from the most nutritious and digestible of grains—from barley. It is "some" breakfast. For tomorrow buy from your Grocer

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GOOD HEALTH QUESTION BOX In answer to all questions, Doctor Kellogg in this space will daily give advice on preventive medicine, but he will be liable for the risk of making diagnoses of or prescribing for ailments requiring surgical treatment or drugs. Health questions will be promptly answered by personal letters to which enclosed stamps are necessary.

By JOHN HARVEY KELLOGG, M. D., LL. D.

Nature's Remedies in Tuberculosis This sort of it is obvious that much, nearly everything, depends upon the patient himself. His fate is very largely in his own hands. A physician can do much for him, and the physician's guidance and counsel are certainly indispensable, but if the patient does not give himself up heart and soul to the work of curing himself the physician's efforts may prove in vain.

Confidence and hope must be instilled, precautionary habits (in the disposal of sputum, etc.) established and the measures of treatment adapted to the character, environment and state of mind of the patient. Nourishing food, fresh air, sunshine and rest are the essentials.

The following measures have proved effective in the treatment of the fever that accompanies tuberculosis: If possible, prevent the chill which almost always precedes the fever by keeping the patient in bed until an hour or two after the usual time for chills is past, placing warm flannels or bricks at his feet, so as to keep him warm, but taking care not to induce perspiration, if it can be avoided. When the patient suffers with no well-defined chill, but with chattering and irregular sensations of chilliness, this plan cannot be adopted, but the patient should remain quiet in bed during the early part of the day, and if the fever runs very high it will be better for him to remain in bed for several days in succession, provided, of course, that he can have other proper treatment at the same time. By this means the patient's vitality and strength will be conserved; but he must not be confined in bed for a long period, so he

needs the advantages of out-of-door air. As soon as the fever is materially lessened he should rest and ride in the open air. Copious water drinking, at least to the amount of six glasses of water a day, is another means by which the fever may be successfully watered. The employment of sponge baths at the time when the fever is highest is a means of great comfort to the patient. Either pure water or water-containing one-third its measure of alcohol may be employed in sponging the patient. Inunction on the dry, parched skin, after moistening it by a wet-hand rub, is another helpful measure. When the patient is strong and does not suffer with night sweats a wet compress worn about the chest often affords relief.

Hiccup What is the remedy for an attack of hiccup? One good remedy is to take a deep breath. Study the hiccup first of all and see what its rhythm is. If you find the hiccup comes once in seven seconds, that is, you hiccup and then wait a few seconds, that is the rhythm. If it comes once in twenty seconds, that is the rhythm. When you find what the rhythm is, notice when you hiccup and then wait a few seconds until it is about three or four seconds before time for you to hiccup again. Then take a very deep breath—as deep as you possibly can. Then take in just a little more and hold the breath. Look at your watch until the period has gone by five seconds and you have interrupted the paroxysm; you have broken up the rhythm and if you do that two or three times it will, in the great majority of cases, stop the hiccup entirely. Another good thing is to drink a little hot water.

Dandruff and Falling Hair Is there any cure for dandruff and falling of the hair, and what remedies are considered best for the prevention of the same? ANXIOUS. Yes; the cure consists in making the scalp as healthy as you can. Shampooing the scalp with cold water, ex-

posing it to the air and light and the application of some sort of remedy, like ten grains of resorcin and one drop of castor oil in an ounce of alcohol. This makes a very good lotion for the scalp.

Birthmark What can be done for the so-called birthmark? These are of various kinds: first, raised brown spots, known as moles. Second, brown spots producing hair. Third, a tumor composed of enlarged bloodvessels, constituting the true "port wine" or "mother's mark." These marks do not originate in antenatal influences, as many persons suppose. Their origin is, however, obscure. Electrolysis, radium and carbon dioxide are all efficient measures for removing these blemishes. Carbon dioxide is the simplest and best means, but can only be applied by a physician who has the proper apparatus. The methods leave no scar.

COATS \$24.75 Values \$35 to \$67.50 \$42.50 DRESSES \$12.75 Were \$22.75 to \$67.50 \$37.50

KAHN Smart Shop 301 Empire Building 13th and Walnut Sts. Our Upstairs Location Saves You 25 to 33 1-3 Per Cent.

We Enable You To Pay Your Taxes The owner of the average home by trading at an American Store will save in the course of a year on his grocery and meat bills more than enough money to pay his taxes. It behooves every wage-earner to consider wisely how his money is spent in these days of heavy tax burdens.

The American Stores, as a direct medium between Producer and Consumer, stands as Grocery Insurance against extortionate prices. Quality Considered, Our Prices Stand the Test of Closest Scrutiny

Best Potatoes, 1/4 peck 10c Full weight guaranteed, 3/4 lbs., and the Quality the Best to be had. Fancy Onions, lb. 3 1/2c A very economical and wholesome Vegetable—try them creamed.

Yes, those MEATY EGGS still FINE, BIG 40c doz. Considering their quality and food value, they are cheap—12 good ones in every dozen. "Richland" Butter, lb. 49c The only butter used in thousands of homes from January to December; it's mighty good value, too.

The Blend That Creates the Appetite for a Second "Cup" Our Very BEST COFFEE, lb. 21c The "cup" on which thousands of homes break their fast—the morning sip for more palates than any other coffee in four States.

Big Grape Fruit, each.....6c Victor Bread, the Big Loaf, 7c Truly named the Quality and Quantity loaf. The whole output of three Bakeries is more than Two Million Loaves—Three pretty good argument for its quality.

Fancy Eating Apples, doz.28c New Evap. Peaches, lb. 13c, 16c Sliced Dried Beef, pkg., 10c Carefully trimmed, thinly sliced and sold in dust-proof cartons.

Fancy Evap. Apricots, lb.25c Rich Cheese, lb.....30c Buckwheat, pkg.....12c "Asco" Brand Oats, pkg., 9c A Big Package of fresh high-grade rolled oats.

Table Syrup, big can.....12c New Asparagus, tall can.11c Fancy Peas, can, 15c, 17c, 20c Sweet Corn, can, 15c, 17c, 20c Fancy Mixed Nuts, lb.....23c Glace Citrus, lb.....28c Lemon & Orange Peel, lb.23c

Uneeda Biscuit, pkg.....5c Oysterettes, pkg.....6c Corn Meal, lb.....6c Pearl Barley, lb.....7c Table Salt, bag.....3c Seeded Raisins, pkg.....12c Peanut Butter, 1/2 lb.....10c Apple Butter, lb.....12c Fancy Mackerel, ea. 10c, 13c Life-O-Wheat, pkg.....15c Mother's Oats, pkg.....9c Grape Nuts, pkg.....12c Laundry Soap, cake.....4c Bluing, bot.....5c

Our Very BEST OLEOMARGARINE lb. 35c We sell this wholesome and economical substitute for pure butter in a great many of our stores. If the store where you trade regularly does not sell it, our manager will be glad to give you the address of our nearest store where it is sold.

The Following Prices in All Our Up-to-the-Minute Meat Shops Bodine's Pork Relish, 1/2 lb. 22c

Chuck Pot Rolled Roast, 20c lb. Rib Bolar Cross-Cut Roast, 25c lb. Lean Soup Meat, 16c lb. Tender Boiling Beef, 20c lb. Hamburg Steak, 23c lb.

GENUINE SPRING LAMB CITY DRESSED VEAL Legs.....35c lb. Cutlets.....40c lb. Loin Chops.....40c lb. Loin Chops.....35c lb. Rib Chops.....35c lb. Rib Chops.....32c lb. Rack Chops.....30c lb. Rack Chops.....28c lb. Shoulders.....28c lb. Shoulders.....24c lb. Stewing.....22c lb. Stewing.....22c lb.

Little Pig, Roasting HAMs, 30c lb. Fresh Made Sausage, 30c lb. Finest Country Scrapple, 4c lb. New Made Krout, 10c qt.

City Dressed PORK, Chops Roasts Shoulders 30c lb. American Stores Company EVERYWHERE IN PHILADELPHIA AND THROUGHOUT PENNSYLVANIA, NEW JERSEY, MARYLAND AND DELAWARE